February 2022

CEZARS™ KITCHEN

St. Mary's International School

Monday	Tuesday	Wednesday	Thursday	Friday
	1	**2**	**3**	**World Cancer Day *Organic Day** **4**
	Miso Chicken (V) Vegetarian Harusame White Rice Snap Peas Daikon Nimono Drink Fresh Fruit w. Tapioca in Syrup	Stir Fried Seafood w. Vegetables (V) Vegetable & Tofu Stir Fry White Rice Shoronpo Komatsuna Drink Mikan	Japanese Hamburg w. Mushroom Demi (V) Tofu Hijiki Hamburg w. Soy Mayonnaise Rosemary Potatoes Braised Cabbage Thyme Roasted Carrots Drink Peach Cobbler	Organic Italian Chicken & Tomato Pasta (V) Dried Tomato & Vegetable Pasta Vienna Rolls Roasted Pumpkin Zucchini w. Eggplant Drink Banana
	SESAME SOY Calorie 693kcal Protein 33.5g	WHEAT SESAME FISH SOY Calorie 607kcal Protein 20.7g	EGG DAIRY WHEAT SOY Calorie 797kcal Protein 27.9g	EGG DAIRY WHEAT Calorie 806kcal Protein 36.2g
7	**8**	**9**	**10**	**11**
Saboro Chicken (V) Atsuage & Vegetable Futomaki White Rice Green Peas w. Carrots Japanese Egg Scramble Drink Apple Wedges w. Grapes	Pasta Carbonara (V) Pasta w. Eggplant Arrabiata Focaccia Pan Seared Garbanzos w. Pesto Steamed Broccoli Drink Mixed Fruits	Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Sesame Noodles Stir Fry Vegetables Drink Sliced Pineapple	Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Lettuce, Onion, Tomato Drink Orange Wedges	No School
EGG WHEAT FISH SOY Calorie 870kcal Protein 38.7g	EGG DAIRY WHEAT Calorie 874kcal Protein 32.7g	WHEAT SESAME SOY Calorie 764kcal Protein 31.9g	EGG DAIRY WHEAT SESAME SOY Calorie 839kcal Protein 28.9g	
Valentine's Day **14**	***Organic Day** **15**	**16**	**17**	**18**
CK Made w. Love Roasted Chicken (V) Cupids Cuisine Natural Lentils w. Vegetables Soul Mate Mac N Cheese I Love You Broccoli Be Mine If You Carrot All Love Potion #9 Drink Heartbreaker Chocolate Truffle Cake	Organic Spaghetti Bolognese (V) Organic Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Green Beans Grilled Peppers Drink Banana	Fish Fingers (V) Crispy Lemon Pepper Tofu White Rice Spinach w. Garbanzo Tartar Sauce Drink Mango w. Lemon Syrup	Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Gratin Potatoes Carrot Flowers w. Spring Onions Buttered Corn Drink Caramelized Pears	Shogayaki (Ginger Pork) (V) Vegetable Yakisoba w. Aburaage White Rice Stewed Japanese Vegetables Steamed Greens Drink Sliced Oranges w. Honey & Lemon
EGG DAIRY WHEAT SOY Calorie 828kcal Protein 59.3g	EGG DAIRY WHEAT Calorie 732kcal Protein 29.8g	EGG DAIRY WHEAT FISH SOY Calorie 994kcal Protein 35.4g	EGG DAIRY WHEAT SOY Calorie 717kcal Protein 55.8g	WHEAT SESAME FISH SOY Calorie 800kcal Protein 27.3g
21	**22**	**23**	**24**	**25**
No School	No School	Karaage Chicken (V) Tofu Karaage White Rice Edamame Gomae Kimpira Gobo Drink Custard Cake	Frutti Di Mare Pasta (V) Spaghetti w. Asparagus & Chick Peas Herb Rolls Grilled Zucchini Mushrooms w. Pesto Drink Fresh Fruit Ambrosia	Butter Chicken Curry (V) Kheema Chick Pea Curry White Rice Vegetable Makhani Turmeric Cauliflower Drink Cardamon Tea Cookies
		EGG DAIRY WHEAT SESAME SOY Calorie 814kcal Protein 43.9g	EGG DAIRY WHEAT FISH Calorie 719kcal Protein 22.7g	EGG DAIRY WHEAT Calorie 848kcal Protein 32.7g
28				
No School				
DAIRY WHEAT Calorie 873kcal Protein 34.4g				

Cezars Kitchen menu does not contain nuts

Menu may change depending on ingredient availability